



HELENA
Resource Guide for
Individuals Recovering from
Heart Disease or Stroke



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If you've been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease – often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIAs (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides information on programs and services in the Helena area to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at: <http://montanacardiovascular.mt.gov>

CARDIAC REHABILITATION

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1–4 weeks after hospital discharge. Physician referral is required, and the fees are covered by most health plans.

ST. PETER'S HOSPITAL

Cardiac Rehabilitation
2475 Broadway
Helena, MT 59601
Phone: (406) 447-2622

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that assists with recovery from a stroke. A team approach is used which includes Physical Therapy, Occupational Therapy and Speech Therapy. The goal is to return to independent walking and activities of daily living, as well as recovery from any changes that can occur related to swallowing, speech or cognition. Rehabilitation sessions are individualized to each person's needs to help recover their physical and emotional health. Physician referral is required, and fees are covered by most health plans.

ST. PETER'S HOSPITAL

Physical Medicine and Rehabilitation
2475 Broadway
Helena, MT 59601
Phone: (406) 444-2340

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes are available. Physician referral is recommended, and fees may be covered by some health plans.

ST. PETER'S HOSPITAL

Diabetes Education
2475 Broadway
Helena, MT 59601
(406) 444-2116



NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

ST. PETER'S HOSPITAL

Nutrition Counseling
2475 Broadway
Helena, MT 59601
Phone: (406) 444-2189

PAT BOLLINGER, MS RD LN

Nutrition Works
1733 E. Broadway St.
Helena, MT 59601
Phone: (406) 443-0134

SUPPORT GROUPS

MENDED HEARTS, INC., HELENA CHAPTER #96

All heart patients, their families and friends are welcome to attend Mended Hearts monthly meetings. The group meets at 7 p.m. the fourth Wednesday of each month (excluding July and August) in Helena.

"It's great to be alive and to help others."

This is the slogan of Mended Hearts, Inc. and is the main reason for being organized. The purpose of the Helena Chapter of Mended Hearts is to offer encouragement and support to patients and their families. Members do this by attending the monthly meetings, which include informative programs and special events.

For further information, call Cardiac Rehabilitation at St. Peter's Hospital at 447-2622.

PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

BROADWATER ATHLETIC CLUB

Phone: (406) 443-5777

CROSSROADS SPORTS & FITNESS CLUB

Phone: (406) 442-6733

CURVES FOR WOMEN

Phone: (406) 457-1439

HELENA YMCA

Phone: (406) 442-9622

GREAT NORTHERN FITNESS

Phone: (406) 443-4632



PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided:

This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

MEDICARE PART D

www.dphhs.mt.gov

1-800-MEDICARE

Services Provided:

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669

Web: <http://www.pparxmt.org/>

Services Provided:

Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free prescription medications.

BIG SKY RX

Phone: 1-866-369-1233

Services Provided:

Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.

SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

St. Peter's Hospital Smoking Cessation Program: "Quit For Life"

People who are attempting to stop using tobacco are encouraged to attend "Quit for Life," a six-session smoking cessation course offered by St. Peter's Hospital in association with the Montana Tobacco Quit Line.

The emphasis of the course is on long-term freedom from tobacco use. The instructor identifies pitfalls of relapse and provides tips for carefully planning to prevent relapse. Also included are the latest improved skills for stress management, weight control, assertive communication, and exercise to help participants succeed. During "Quit for Life," the instructor will teach a step-by-step method for changing behavior. This group approach uses positive thinking, alternative behaviors, one-on-one help, rewards, and group support to help participants stop using tobacco. The fee for the class includes cessation patches and gum. Financial assistance is available on a sliding fee scale through the St. Peter's Hospital Foundation. Register by calling 444-2130.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program
Phone: 1-866-485-QUIT (7848)

Services Provided:

The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

SPECIALISTS

Cardiology

William Hull, D.O.

Phone (406) 442-2205

Richard Paustian, M.D.

Phone: (406) 449-7943

Neurology

Thomas Mulgrew, M.D.

Phone: (406) 457-4343

HEALTH & WELLNESS / CONSUMER HEALTH INFORMATION

St. Peter's Hospital Education and Events

Classes and events consist of the following:

- Blood pressure screens
- CPR classes
- Water exercise classes
- Stepping Out – exercise and nutrition classes
- Senior focused lecture series

For information about all of the health and wellness education offered by St. Peter's Hospital, please call (406) 444-2130 or visit www.stpetes.org. See "Event Calendar" for scheduled information.

MEDICAL WEIGHT MANAGEMENT

25 S. Ewing St., Suite 521

Helena, MT 59620

Phone: (406) 442-9302

Services Provided:

Medically managed weight loss and nutrition education. For more information, call the number listed above.

ORGANIZATION

WEB SITE

American Council on Exercise	www.acefitness.org/fitfacts/
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Stroke Association	www.strokeassociation.org
Saint Peter's Hospital	http://www.stpetes.org/
Montana Association of Cardiovascular & Pulmonary Rehabilitation	www.angelfire.com/mt2/macvpr/
Montana Cardiovascular Health Program	http://montanacardiovascular.mt.gov
Montana Dietetic Association:	www.montanadieticassociation.org
National Heart, Lung, and Blood Institute	www.nhlbi.nih.gov
Social Security Administration	www.socialsecurity.gov
USDA Food Guide Pyramid	www.mypyramid.org

SIGNS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

HEART ATTACK:

Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

STROKE:

Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **CALL 9-1-1** immediately.

QUESTIONS?

If you have questions about this resource guide, contact:

MIKE MCNAMARA, M.S.
MONTANA CARDIOVASCULAR HEALTH PROGRAM

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620

Phone: (406) 444-9170

Fax: (406) 444-7465

E-mail: mmcnamara@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Helena-area guide.

1. Was the guide useful? ___ Yes ___ No

2. Which sections did you use as a reference?

- ___ Cardiac Rehab Facilities
- ___ Diabetes Management Programs
- ___ Nutrition Education/Counseling
- ___ Physical Activity
- ___ Smoking Cessation
- ___ Specialty Clinics & Support Services
- ___ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620-2951

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